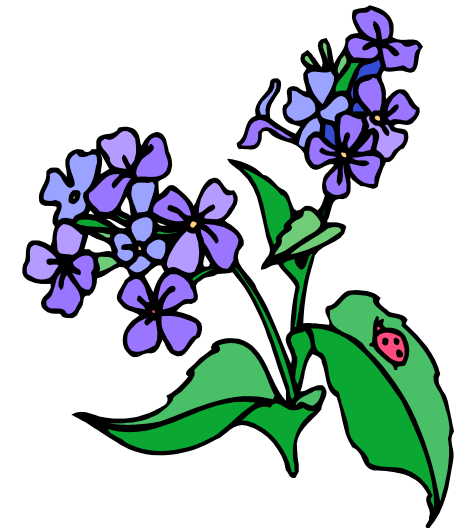
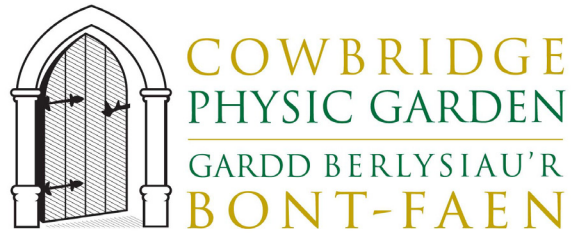


The Physic Garden

Cowbridge Physic Garden created on the site of the former kitchen garden of Cowbridge School, is primarily maintained by volunteers.



Cowbridge
Physic
Garden



Caption describing picture or graphic.

Prepared by Margaret Collett
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www.cowbridgephysicgarden.org.uk/

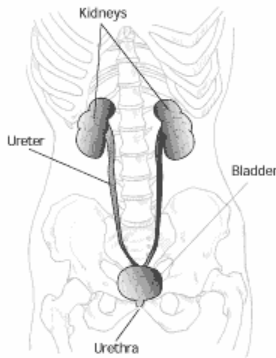
The Kidney Bed



The Kidney Bed

The Kidneys are one of our most important organs and are mainly used for maintaining a healthy internal environment in our bodies. Their structure and functions are amazingly complex the most important role being the regulation of water and salt. Much of the water passing into the kidneys is reabsorbed which means that they have to perform the difficult selection between vital substances, waste materials and excess salt. In traditional Chinese medicine the kidneys are said to house the primary energy of life and help harmonise the body.

Plants and herbs found in our kidney bed here in Cowbridge Physic Garden can benefit the functioning of this organ and in some cases help the cleansing process as a whole, however before undertaking any herbal cleansing programme it would be advisable to take medical advice or consult a qualified herbalist.



"The Waterworks"

The following is a brief outline of the plants that you are able to see in this bed, more detailed information is available on some individual plants.



Borago officinalis—Borage—Starflower.
An annual herb with blue pendulous flowers. The leaves have a taste similar to cucumber. Traditional uses include the treatment of jaundice and kidney ailments by taking an infusion of the leaves.



Erigeron—Fleabane. This annual herb has small almost daisy like flowers and was used in the past to treat kidney stones. Pollen from the flowers can cause an allergic reaction in some people



Fragaria vesca—wild strawberry.
A very common little plant frequently found in roadside hedge rows. The leaves when used as tea were said to act as a diuretic and aid the passing of kidney stones.



Gallium Verum—lady's bedstraw.
This plant has yellow flowers smelling slightly of honey. It is around two feet tall and had many uses including the treatment of kidney and urinary infections.



Genitsa tinctoria—Dyers broom. This plant has diuretic properties and both flowers and seeds have been used medicinally. In the fourth century it used to be used in making an ointment for the treatment of gout.



Daucus carota— Wild carrot. The volatile oil present in wild carrot is an active urinary tract antiseptic and commonly used in the treatment of stones.



Mentha spicata—Mint. One of the most common herbs in use today and was used in the past for treatment of many ailments including those of the kidney



Parsley Along with Mint another of the most frequently used culinary herbs. It is Biennial or a short lived perennial and among its medicinal uses the plant is a



Rosmarinus officinalis—Rosemary
Aromatic evergreen shrub with pale blue flowers in late spring. Many medicinal uses including as a kidney tonic and diuretic



Saponaria officinalis—Soapwort.
This plant has to be treated in special ways before it can be used medicinally. It was used to clean woollen fabrics and tapestries, and as a diuretic was in the past used for kidney infections. It should only be used under strict medical supervision.



Verbascum densiflorum—Mullein.
A biennial plant with yellow flowers and greyish green leaves, which can grow to over two metres high. It has many medicinal uses including diuretic and helps to reduce acidity.



Viola tricolor - Wild Pansy - Heartsease
Wild Pansy has been used medicinally since the middle ages. It can have yellow on three colour petals and is an anti-inflammatory. Uses included kidney and urinary infections.